



# CARROT ENERGY BITES

**Serves: 16**

**Approximate Cost of the Recipe: \$4.62**

**Approximate Cost per Serving: \$0.29**

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## INGREDIENTS:

- 1 (14.5 oz) can carrots, drained
  - OR 3 cups fresh carrots, steamed and cooled
  - OR 3 cups frozen carrots, microwaved and cooled
- 1/4 cup maple syrup
- 1/4 cup chia seeds
- 1 cup flaxseed meal
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup dark chocolate chips
- 1/2 cup unsweetened shredded coconut

## DIRECTIONS:

1. Wash hands and surfaces. Rinse any fresh produce used under running water.
2. Mash carrots in a bowl until smooth.
3. Add maple syrup, chia seeds, flaxseed meal, cinnamon, vanilla, and dark chocolate chips. Mix well.
4. Scoop 1 tablespoon of the mixture and roll into a ball. Cover in shredded coconut and place on a plate or sheet tray.
5. Refrigerate overnight or freeze for 1 hour.
6. Serve and enjoy!